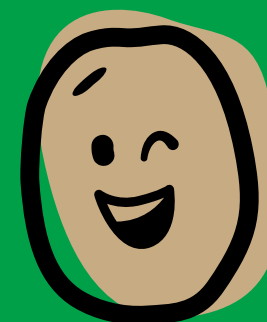


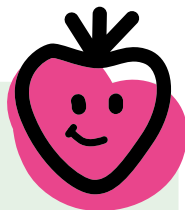


5 top tips

to Boost Your Child's
Health and Activity



1 Support for you



If you are worried about your child's health, your school nurse, practice nurse or GP can provide help and support.

Looking for a healthy boost for your family?

If your child is above the expected weight range for their age, sex, and height, support is available locally.

Join a free, fun, family focused programme to support your child's healthy growth. Explore healthy eating, enjoy being active together, and build lifelong healthy habits.

Find out more [here](#).

Talking about weight can feel difficult.

Many parents and caregivers worry about saying the wrong thing or causing harm. This free guide, **Talking to Your Child About Weight: A Guide for Parents and Caregivers of Children Aged 4 to 11 Years**, offers helpful, practical advice on how to approach the topic in a kind and supportive way.

Access the University of Bath's guide [here](#).



2 Support your child to eat healthily



Healthy eating can be a win for the whole family!

If you're not already on the journey, don't worry — small changes can make a big difference. It's not always easy, but support is available.

For simple tips and ideas to help your child enjoy a balanced diet, visit [here](#).

3 Less screen time, better sleep



Spending less time on screens, and moving more instead, will help your child maintain a healthy weight.

Too much screen use can affect your child's health, sleep, and wellbeing. Encourage a healthy balance by limiting your child's screen time to no more than one hour per day.

Set clear boundaries, including time limits and approved apps. Supervise your child to protect them from unsuitable content. Avoid screens at mealtimes to encourage family connection.

Limit your own device use to model healthy habits and avoid screens one hour before bedtime to support sleep.



4 Move more



Keeping active helps children focus better in school and stay healthy.

Children and young people should aim for at least 60 minutes of moderate to vigorous intensity physical activity per day. All activities should make you breathe faster and feel warmer. Need ideas?

Visit [movemore.je](#) for fun ways to get your whole family moving.

5 Support healthy teeth and gums



Keeping your child's smile healthy starts early.

Visit [here](#) for quick, practical tips to help prevent tooth decay.

To join the Children's Dental Service waiting list, call **01534 445300** or email dental@health.gov.je.

Primary school children can receive free check-ups and treatment until they leave primary school.

After that, they'll need to register with a private dentist, and may also qualify for the **Jersey Dental Fitness Scheme** to support their ongoing dental care. Register [here](#).